

AUGUST 2016



QUARTERLY NEWSLETTER OF THE IM COMMITTEE, CVH

# Integrative Medicine

## MUSIC AS THERAPY

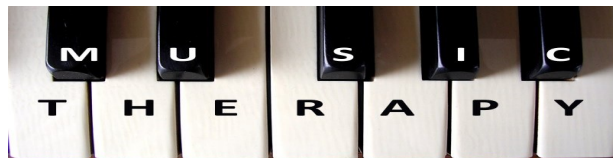
"Music does bring people together.  
It allows us to experience the same emotions.  
People everywhere are the same in heart and spirit.

No matter what language we speak, what color we are,  
the form of our politics or the expression of our love and our faith,  
music proves: We are the same."

~ John Denver ~



This issue is dedicated to our wonderful, and creative music therapists: **Dory Stapleton, Candace Dube, and Amanda Halstead!** Please refer to page 4 to "Meet our Therapists"!



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*Anyone interested in submitting an article related to integrative medicine, or would like to request a subject matter/article please contact*

**Sharon Molloy at 5576**

# Music at Whiting

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Patients have many opportunities to access music. There are voluntary music groups where patients can choose from a variety of pre-recorded music while also having the opportunity to create music with an array of percussive instruments and harmonic instruments made available. There are other music therapy groups that encourage group sing-alongs, active music making and lyric discussion. There are also groups that use music to increase relaxation and stress management. ‘Classical Music Hour’ is a group that is held in the library that focuses on a variety of classical music to help increase concentration and cognition (Campbell’s, “The Mozart Effect”). Also, there are two bands on campus.

*“I feel fortunate to see clinical music bring out the best in people, normalize the environment, and reduce anxiety and stress to name just a few. Music is indeed a universal language.”*

*-submitted by Amanda Halsted RT II (Music)*

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## Community Yoga Events Include Sound

This summer, the Integrative Medicine Committee sponsored monthly Community Yoga Events for our CVH community. Dr. Tracey Sondik, leads the practice, covering different asanas (postures) for balance, flexibility, and strength. She emphasizes the importance of building “energy or prana” as well as taking time to relax, during a yoga practice. Blue Hills Hospital has been bring-

ing a large group of clients to these events. Several CVH employees, as well as patient groups have participated & enjoyed the events. Lou Sorrentino, ASD and Toivo’s Kelvin Young have provided sound healing with Crystal and Tibetan bowls during several of the yoga events. Each event draws approximately 30-40 participants, bringing a wonderful

energy to our campus! Our next community yoga event is scheduled for Tuesday, September 20th. ALL ARE WELCOME! NAMASTE.



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## Integrative Medicine Referrals for Individual Treatments

Referrals for individual integrative medicine treatments can be made for any patient requesting or in need of Reiki, yoga, meditation, pet therapy, art therapy, movement therapy, sound healing, etc. Please contact Lisa Caron, RTS at 5586 to initiate the referral process. Most treatments are limited to a 20-30 minute session and are primarily aimed at symptom reduction, stress management, or wellness. Several members of the IM committee volunteer their time to provide these treatments! Thank you!

# Music in GPD

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Music is offered to clients upon referral by their treatment teams. Based on their preferences, interests and needs, treatment teams make referrals to the Music Therapist when they feel that music would be useful toward improving one's quality of life and moving toward discharge. The Music Therapy Room in Battell Hall provides a fun environment for clients to use music instruments to express their thoughts and feelings in a safe manner. The drums offer an opportunity for drum circles to focus on group dynamics and the expression of feelings. Individual Music Therapy provides time to practice relaxation techniques, learning coping skills and individual instrument instruction.



-submitted by Dory Stapleton, MT

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## Music Therapy in Young Adult Services

Clients are referred to Music Therapy groups or individual sessions to assist in symptom management, emotion identification, engagement in treatment, social skills, self-expression, relaxation skills, leisure skills and more. Through the therapeutic use of songs clients are able to build a rapport to discuss their symptoms and life experiences to assist them in moving forward with their recovery. Clients are also able to express their thoughts and feelings in a safe manner through song experiences as well as using different percussion instruments. With song experiences it is often easier for these young adults to feel comfortable talking about their illness and ways to manage their symptoms.

### SOME FAVORITE MUSIC QUOTES:

With the right music, you either forget everything or you remember everything.

Sometimes it's not the song that makes you emotional, it's the people and things that come to mind when you hear it.

Behind every favorite song, there is an untold story.

Music is what feelings sound like.

Music speaks what cannot be expressed, soothes the mind and gives it rest, heals the heart and makes it whole, flows from heaven to the soul.

At times, I fit into lyrics more than I fit into life.

-submitted by Candace Dube, MT

## Meet our Music Therapists!

*Sharon Molloy*

*Tracey Sondik*

*Lisa Caron*

*Terri Krasinsky*

*Gina Ferrara*

*Kathy Noyes*

*Carla Holst*

*Ed Drew*

*Lisa Berzins*

*Sandy Deal*

*Patti Silverio*

*Peter Tascione*

*Jim Poling*

*Don Nemecek*

*Steph Grard, BHH*

*Gail Duda*

*Barbara McClane*

*Dory Stapleton*

*Cheryl Whipple*

*Sharon Ruzzo*

*Amanda Halsted*

*Lou Sorrentino*

*Emily Wickman*

**Amanda Halsted** received her degree in music therapy from Berklee College of Music. After working at various out-reach programs in Boston, she was hired at CVH and has been the Music Therapist at Whiting for almost 9 years. She also directs the Dutcher band. Music is a daily necessity for Amanda and she feels privileged to share it with others and to witness it's power.

**Dory Stapleton** is a Board Certified Music Therapist and is assigned to GPD, primarily working in Battell Hall. Dory has worked in DMHAS for 9 years and previously worked in DCF for 20 years. Her state service began in DMR in 1987. Dory currently sits on the New England Region for Music Therapy Executive Board and has served the board for more than 16 years as Secretary, Treasurer and Registration Committee member. Her musical interests include attending summer town concerts, playing the piano and teaching piano lessons.

**Candace Dube** received her Master's degree in Music Therapy from Temple University. She has worked with different populations for the State of CT since 2000 and currently finds the Young Adult population to be most fascinating. The relationships young adults have with music is inspiring and always evolving. Candace enjoys learning about new artists and being greeted by the clients asking about the next group session.

## SAVE THE DATE! Integrative Medicine Lecture Series 12-1 in Page Room 217

Tuesday, September 13th noon	<b>Reiki</b> presented by Lisa Caron & Pam Gorman	Page Hall Room 217
Wednesday, October 5th 9:00-3:00	<b>CVH Community Health Fair</b>	Page Hall, Exhibits & Demonstrations throughout the building. All are Welcome!
Tuesday, October 11th noon	<b>Massage</b> presented by Linda Lane	Page Hall Room 217
Thursday, October 13th 1-3:00	<b>WFI Health Fair</b>	WFI Gymnasium
Tuesday, November 8th noon	<b>YOGA</b> presented by Donna Faulkner	Page Hall Room 217
Wednesday, November 9th 9-4:00	<i>The Resilient Practitioner: A Clinician's Guide to Emotional Well-Being</i>	Women's Health Consortium, Hamden. Call to register.



